



Role model

Captain of Wilfrid Laurier's lacrosse team doesn't let having one arm stop her from a challenge.

Feature 12

Monday, April 3, 2006

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

38th Year — No. 9



(Photo by Paige Hilton)

Teachers try to tickle McGuinty's funny bone

Kathy Layte, a member of Conestoga College's nursing faculty that was on strike, dressed as a clown for the OPSEU rally held March 23. Layte also donned a sign reading "McGuinty: Stop clowning around! Arbitration now!" She wore the costume in memory of fellow nursing teacher Ardelle Darling, who died suddenly March 18. "She was full of life and fun," she said.

Delay in return to classes criticized

By TIM GEDCKE

Students and faculty returned to the classroom March 28, but the head of the teachers' union wasn't happy with the one-day delay.

After an 18-day strike by members of the Ontario Public Service Employees Union (OPSEU), the union and college management agreed on March 24 to take the advice of the Minister of Training for Colleges and Universities, Chris Bentley, and Premier Dalton McGuinty and work with an arbitrator to reach a final agreement. They decided that classes should resume the following week (March 27).

"There was a meeting of all the college presidents Saturday morning and we talked about it and the feeling was we should probably start on Tuesday or Wednesday," said Conestoga College president John Tibbits.

This decision, however, was criticized by the union.

"The fact that school started on Tuesday just doesn't make sense," said Ted Montgomery, the chair of OPSEU's faculty bargaining team and a teacher at Seneca College.

St. Clair College in Windsor started classes for full-time students on Monday, as did the Oshawa campus of Durham College. All other colleges in Ontario started classes on Tuesday or Wednesday.

Tibbits said since some students were as far away as Thunder Bay or Ottawa and had jobs they were committed to, there was no guarantee students would be back by Monday.

"We couldn't have started Monday, that just wouldn't have worked," he said. "We had to sit down with the teachers and explain what we are doing."

Montgomery, however, said that extra day was not needed, and students should have been back in the classrooms on Monday.

"Ask the teachers whether they needed that extra day away from the students. I've done that, I've asked teachers and they said they were ready to go."

Monday was used for management to sit down with faculty and work out how the school year was to be completed.

"Since the teachers are the ones in the classroom, we needed to talk to them about why we are doing what we are doing, we needed to get their co-operation, and we needed to make sure everyone is on the same page," said Tibbits.

Montgomery said the meetings didn't need to keep students out of the classroom the whole day.

"At Seneca, where I teach, the teachers' meetings lasted about half an hour, and teachers were basically told to cut classes back; and that's it."

Tibbits, however, said he feels the extra day was important.

"Can you imagine if students came in on Monday and their teachers said, 'I don't know what I'm doing here' and every teacher had their own plan? We needed to make sure our 300 teachers were on the same page."

Walter Boettger, president of OPSEU Local 237, which represents Conestoga College faculty, said it was a tough situation to deal with.

"The government was looking to get the students back into the classrooms on Monday but each college had to deal with it on an individual basis, and some colleges probably could have started on Monday."

As the two sides head into the arbitration process, the key issues are salary, class sizes and the teacher's workload formula.

Boettger said the union is looking to get the quality of education issue addressed.

"We have seen deterioration over the course of the years in the delivery and the volume we provide to students," he said. "We are hoping those get addressed (in arbitration), and we are hoping that with salary we get an understanding from the arbitrator that (college teachers) belong between high school and university teachers (in salary). Right now we are almost at par with high school teachers."

UW campus growing

New medical building will benefit people seeking education in health and science.

News 9

Dose of unreality

Guest on reality show said it's not as real as it seems.

Feature 7

No delays for Student Centre construction

By JON YANEFF

Student Centre construction wasn't affected by the faculty strike, continuing throughout the three-week period.

Conestoga Students Inc. (CSI) general manager Judy Dusick said the site superintendent and the Ontario Public Service Employees Union negotiated so the concrete trucks were able to cross the picket lines during the strike.

This ensured the Student Centre will still open for orientation in August 2006, if everything remains on schedule.

"We're keeping our fingers crossed that the Student Centre opens on time," said Dusick. "Some stuff really has to happen fast, such as moving Student Services and health services. They have to get out of their offices so renovations can get done."

Student Services and health services will be moving to the CSI offices on May 1 and on April 4 the CSI staff and board of directors will be moving to where the arcade used to be. Other CSI staff will be moving to the computer lab in the Sanctuary.

Dusick said the original plan was to have the CSI staff and board of directors move to the E-wing cafeteria, but they can't move there until exams are over and the E-wing cafeteria closes for the summer.

She said when working in construction, workers must be prepared for the unexpected. Any new developments are resolved at a site meeting held every second Tuesday.

During construction of the Student Centre, the plans were all carefully looked at by the design

team before construction was started, but a pipe was lower in the ceiling than was first thought, forcing a change to the plans because the pipe had to be moved.

Dusick said CSI is in the process of planning how the Student Centre will operate, such as establishing the group work rooms, the learning centre, boardrooms, meeting rooms and how they will co-ordinate the programming and what's going into the Student Centre.

Dusick and the executive director of Student Services, Jacqueline McLaren, have met with the designer at the architectural firm and they have finalized all the colours and plans for the Student Centre flooring.

"We're looking at the main component of the flooring being a stained concrete floor in three different colours, earth-tone terracotta, green and a brown-burgundy colour," she said. "The traffic pads, the CSI spaces and the bar-bistro area will all have the stained concrete floor, while most offices will be carpeted."

Dusick said all permits for the Student Centre are set except for an occupancy permit, which means once the construction is all done, they can only move into the Student Centre once someone from the city has inspected it to ensure everything was done to all the current ministry, municipal and provincial codes.

She also said the restaurants that will be in the Student Centre will be a surprise for the students.

"We're not ready to announce that yet, but I think the students will be very pleased to find out which restaurants they will have the opportunity to eat from."



(Photo by Brent Gerhart)

Students 'back'

After three weeks off, students flooded the Conestoga College hallways on their way to class, March 27.

Now deep thoughts ...with Conestoga College

Random questions answered by random students

If you could have any type of super power what would it be and why?



"X-ray vision, so I could see if girls were wearing granny panties, thongs or none of the above."

*Jason Maraschiello,
first-year architecture
construction engineering
technology student*



"The ability to read people's minds, just so I could see what they were thinking."

*Natasha Lacelle,
first-year early childhood
education student*

"Telekinesis, so I would have the power to alter the outcome of every situation to my desire."

*Chris Warzin,
first-year computer
programmer*



"To be able to fly, so I could travel anywhere in the world and not have to pay for airline tickets."

*Yong Mei Li,
first-year accounting*

"To have the ability to detect the truth, so I would know when people are lying."

*Carrie Gibson,
first-year broadcasting*



"To be as powerful as Superman, so I could get rid of all the world's dictators."

*Nazmi Elezi,
second-year mechanical
engineering technology*

Smile Conestoga, you could be our next respondent!

Stanciu named new CSI vice-president

By JON YANEFF

Conestoga Students Inc. (CSI) director Roxy Stanciu was named the CSI vice-president Feb. 15, as she was the only nomination.

The term starts May 1 and goes to April 30, 2007.

Stanciu, who is a second-year business management student, said her business skills, drive to succeed and passion and appreciation for Conestoga College are her main attributes that will make her a good vice-president.

"When I really want something I'll do what it takes, within reasonable limits, to make sure I achieve my goals," she said. "I'm very approachable so I want students to be comfortable to talk to me about their concerns. A big goal of mine is to take everything students say into consideration and work with them using my knowledge and position as VP to help them."

"I want to make student life more enjoyable for students to come to school everyday and to be proud they chose Conestoga."

She said she is really looking forward to developing and improving first-year council and spreading the word about CSI.

"I want to create more events for first-year council and get more involved with the students by creating more awareness of CSI and more activities," said Stanciu. "I want people to know it's fun to get involved and it really helps to develop as an individual and a student."

She said she considers the VP role as a guide for the rest of the CSI board, while helping them and assisting the president.

CSI president Matt Jackson said

the VP has more responsibility than a CSI director since he or she takes on a more active role with student issues.

"I'm very excited to have Stanciu on board as VP and I'm fully confident we will have a productive year moving CSI ahead," he said. "She has shown strong leadership this year and I think that will continue in her term as VP. As a team we think we will be very strong players moving CSI forward."

"Next year brings a lot of opportunities for the CSI through the student centre and the college, so each step we take moves us in the right direction."



(Photo by Jon Yaneff)

New CSI VP Roxy Stanciu will work with president Matt Jackson to help move CSI forward.

In Stanciu's first year of college she worked in CSI's self serve area. This year she was on the board.

"Every year I've progressed my ability to connect with students," she said. "Jackson and I will be a good partnership and I think it will show through our ideas with CSI."

During the summer she will be working as the VP full-time and she will be making about \$12 an hour, but during the school year she will be working 15 hours a week, making \$400 a month.

Stanciu said she will also cut down her work hours outside of CSI. She currently works at the United Postal Service and is a bartender at Lan-Saang Asian restaurant and lounge.

Jackson said CSI invests time in extensive training and development of the board members to insure they have highly trained directors to step up in higher leadership roles such as the VP.

"They are trained as far as how CSI operates, how to be an effective board member and understanding policy governments," said Jackson. "Over the next couple of months it will be a transition period where Stanciu will be shadowing myself and current CSI VP Andrew Mercier to mentor her into the position."

"I think Jackson and Mercier are very knowledgeable and I think it's reflected in what they've done this year in their positions through their skills and personalities," said Stanciu.

The nomination period for seven new director positions ended March 31. The candidates will give speeches on April 10 at noon in the Sanctuary, and students can vote online from April 17-21 by going to the college website and clicking on current students.

"It's an opportunity for students to get involved in a leadership role at the college," said Jackson. "The turnout varies from year to year, but we would like to get more involvement than we usually do. We encourage students who want to get involved to go out and vote."

Stanciu said, "I'm really excited because first-year council has expanded, so more people know CSI board positions exist."

Students predict lack of sleep and more stress due to shortened semester

By MEGHAN KRELLER

Most Conestoga College students are happy to be back but aren't necessarily looking forward to the month ahead. The college decided not to extend the school year into May so students will complete their semester within the next four weeks.

Jon Thompson, a first-year police foundations student, said he is annoyed because students are expected to cram a whole semester's worth of work into almost half the time.

"Let's just say it's a good thing I got all my partying done last month because it's not going to be happening anytime soon," he said.

Thompson said he would not change the college's decision to compress the semester because he said extending it would ruin students' plans. Thompson said he'd rather do all the work now to get it over and done with. He and other students need to work

during the summer to make the money to come back next fall, he said.

"If they extend (the semester) the chances of me getting a job compared to all the university students who will be out of school aren't good," he explained.

Thompson's classmate, Adam Vranic, said he too feels good to be back but predicts the next month will be hectic.

"It's pathetic," he said. "First being used as a pawn, then to come back and be crammed with work."

Chantelle Schmidt, a second-year management studies student, said she felt out of place on the first day back because she had gotten so used to relaxing at home. All that relaxing may pay off, however, because she said she expects to get little sleep this month with the piles of work coming her way.

Schmidt said even though this month will be busy, it was wise for the college not to extend the school year.

"Even though it'll put a lot of stress on us it's smart," she said. "There are a lot of people whose leases are up come May and a lot of people already have jobs lined up."

Second-year electronics students David Helmuth and Jabran Butt are concerned that by not extending the semester, students will miss out on crucial information they will need in the future.

"A lot of programs are cutting out the so-called unimportant stuff," he said. "If it's not important why are they teaching it in the first place?"

Helmuth said he is concerned with missing material that may be vital to getting and keeping a job upon graduation.

"When you get into the workplace, it doesn't matter what you are taking, you need to know everything," he said.

Like his classmate, Butt is also concerned about lacking knowledge because of the shortened semester. He fears that missing important material will affect students in semesters to come. He said the strike was a burden on students and was "useless."



Helmuth said he is concerned with missing material that may be vital to getting and keeping a job upon graduation.

LRC director says farewell

By JESSICA BLUMENTHAL

A bouquet of flowers is all that is left in an empty corner office overlooking the pond, as the learning resource centre (LRC) director said farewell to Conestoga on her last day working at the college.

Catherine Wilkins left the college to accept a position at Western University in London.

Wilkins, who believes information is a tool that allows students to fulfill their potential, was instrumental in updating the centre.

Wilkins wanted to share her deep belief in the power of knowledge with Conestoga students by improving the services offered in the LRC.

"I've noticed a change in the students."

*Catherine Wilkins,
former LRC director*

In the four years she worked at the college there were a lot of changes that occurred throughout the centre.

She said there was a need to recognize that students need a place to study. The need was answered and additional study space was added onto the centre in late September 2003 after nine months of construction.

Along with physical expansions, there were many additions to the collections and to resources. More print resources were added, along with electronics.

Proquest, EBSCOHost and the SIRSI system allow students to search electronic databases at

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Winner of the Apartment PM Organization of the Year

Aid for students in need

By JANET MORRIS

There are scholarships, awards and bursaries available to almost everyone.

Each has its own criteria for qualifying.

Most awards, bursaries and scholarships are offered from September through April.

Conestoga College's financial aid and student awards office helps eligible students and their families meet the financial costs of acquiring a college education.

The staff members of the financial aid office want to assist students in any way possible to sort through the maze of government financial assistance programs, such as OSAP.

The opportunities for financial assistance are really boundless. If students are in need of money while they're going to school they should check out the Internet.

Vicki Russell, co-ordinator of student awards, said in an e-mail if students have questions about awards, scholarships or bursaries they should call the financial aid and student awards office in the Student Client Services Building at 748-5220, ext. 3378.

"So many students simply don't have enough money to live and go to school and having a job with a full-time course load makes success at school difficult at best," Russell said.

"I know time is something students don't have a lot of but I encourage students to make the time and reach out whether that is by coming to the financial aid and student awards office or checking out opportunities on the Internet," she said. "It's not at all difficult; all students have to do is input key words like their program name or program subject matter and go from there."

Russell encourages students to check their college e-mail accounts frequently throughout the year for information about opportunities.

She said the best way to make your application stand out over others is to excel in the main criteria

for the award you are applying to.

"If an award asks for volunteer experience, the more quality volunteer experience the student has the better," she said. "The more the student can demonstrate that he or she has met, or better yet, exceeded what the application asks for is what makes him or her stand out."

"So many students simply don't have enough money to live and go to school."

*Vicki Russell,
co-ordinator of student awards*

Russell said most programs have program administered awards co-

ordinated by program faculty.

"Students are encouraged to ask their program co-ordinator or faculty members about program-specific awards which are administered by individual program offices," she said.

If a student wants to talk about awards, bursaries and/or scholarships, he or she can contact Russell through e-mail at vrussell@conestogac.on.ca or by phone at 748-5220, ext. 3326.

The following is a small sampling of what is sponsored and coordinated by outside sources. If students are in need of money while they're going to school they should check out the following awards by Googling them on the Internet.

AWARDS

Kin Canada Bursaries

Dick Martin Scholarship

Charlotte Carter Memorial Scholarship

Epilepsy Canada Scholarships

EFC Foundation Scholarship

The Next Great PRIME MINISTER

Holstein Canada Education Awards

WMIA Educational Foundation Scholarship

The Order of Ontario

Ontario Special Bursary Program

The Ontario Volunteer Service Awards

Fletcher Foundation

John Chamberlin Refugee Training/ Education Fund

Gwin Scholarship

Geritol Follies Scholarship Fund

Aboriginal Scholarships/Bursaries

NAAF'S Scholarships

Ontario Hostel Institute 2005 Scholarships

Chaney-Ensign Bursary Fund

Minds In Motion

The Garfield Weston Merit Scholarship

Canadian Hospitality Foundation Scholarships

Alliance for Equality of Blind Canadians (AEBC)

The Keith Gilmore Foundation

Fairfax Financial Holdings Limited Scholarship Program

The Moral Courage Scholarship

ASIS International-Toronto Chapter

Post Secondary Student Scholarship

The Foundation for the Advancement of Aboriginal Youth (FAAY)

Woman's Opportunity Awards

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Students still paying price for strike

After 18 days (or 432 hours or 25,920 minutes) it finally ended.

The 9,100 members of the Ontario Public Service Employees Union (OPSEU) stopped picketing and returned to classrooms at the 24 Ontario colleges, allowing 150,000-plus students to return from their "reading month" to continue their education.

While teachers fought for a better quality of education, students were left to ponder their own education, or lack thereof.

As the strike dragged into its second and third week, students began to worry about an extended academic year as well as the possibility of repeating the winter semester.

Students also fretted about summer jobs and the risk of lost income due to a later start in the working season.

From time to time, rumours about the strike ending would surface, however, on March 25 (after 18 days), an agreement was reached. It was finally over.

Students and college faculty have now returned to class, but colleges and teachers still remain far apart on a deal.

Many demands remain on the table. There is still uncertainty about class sizes, workload and pay. These will be ironed out by mediator William Kaplan, who is in a difficult position trying to make both sides happy.

College teachers are hoping to be rewarded for rejecting a four-year, 12.6-per-cent salary increase with smaller class sizes and more one-on-one time with students.

Although the provincewide college strike may have been new to most students, faculty and staff have been on picket lines before.

In 1979 support staff went on strike for 14 days, and faculty were on strike in 1984 and 1989 for 23 and 20 days, respectively.

In the end, teachers believed they did what had to be done.

If they did not pick such a critical time in the school year, they argue college management and the government may not have moved as quickly to resolve the labour dispute.

However, it was the timing that really raised a lot of questions. Students described themselves as pawns, tools and guinea pigs. They were frustrated, having paid for an education but not getting it. They were also concerned about an extended school year and how that would affect summer jobs.

Conestoga has made the best of a bad situation. Students have been reassured the semester won't be extended beyond May 5, and all course outcomes will be achieved. However, they are still the ones paying a price. It is up to students to do more work in less time. Students did learn one lesson from all of this, one that will stand them in good stead in the future — sometimes life just isn't fair.

Letters are welcome



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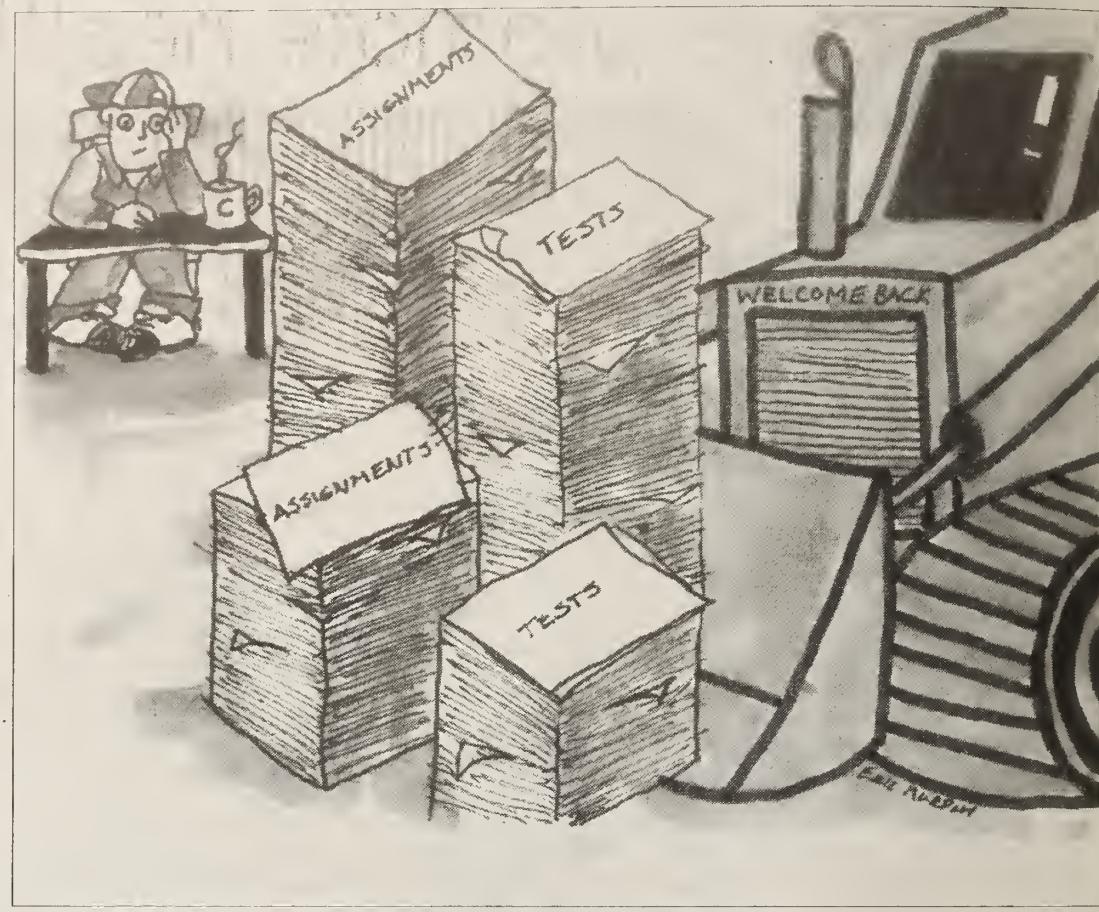
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Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

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Students get a warm welcome back

Skinny jeans: a fashion imposter

So, apparently ultra-thin model Kate Moss started this trend last year. And no, it's not cocaine.

It's called skinny jeans.

At first I thought only skinny people could wear them, but then I heard they're supposed to flatter any figure.

Once I saw a picture of them I knew exactly what was going on.

Some copycat designer is just trying to bring back tapered pants!

I didn't like tapered jeans in the 1990s and I certainly don't like them now. The thing is, they're not flattering — but I guess if you're a 95 lb. Nicole Richie you can wear pretty much anything.

But just watch! The minute I dig in the far corners of my closet and pull out a pair of stone-washed tapered jeans from 1992, I'll suddenly be uncool!

What's next on the fashion comeback agenda?

Maybe this summer they'll bring back the side ponytail, the Spandex stirrup pants or, most dreaded, the



Paige Hilton

Opinion

thick velvet headband that makes your bangs stand up in a big crown.

The key here is to give the "new" style a new name.

Army print tank tops become camouflage chic. Scrunchies will have the Chanel logo all over them and be accepted again. Maybe they'll even bring back grunge flannel shirts — but the style would be called "Cobain retro."

Speaking of retro, the Hollywood bigshots seem to love anything vintage. I think it's because vintage is the only style that will never go out of fashion.

It's amazing that one day something that was hot on a runway is ice cold, and then 20-something years later an emaciated actress is flaunting it on a red carpet and it's

once again the hottest trend.

I wish I had the power to set trends like Lindsay Lohan and all her cronies.

I'd make random public outings to see how many trends I could give new life to.

For instance, when I was about eight years old it was cool to wear a different coloured sock on each foot. Often these socks would also be rolled down to the ankle.

Remember track suits? I don't mean those velvet ones with "juicy" written on the butt. I mean baggy wind breakers with stripes.

And whatever happened to those plastic rings we'd use to sync our sweatshirts up around our waists?

If fashion experts told people to wear bags on their head and Kleenex boxes as shoes, every fashionista wannabe would probably do it.

But by the time you snag the latest trend it's all but over.

Wear whatever you want, whether Lindsay Lohan wears it or not.

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Students promote healthy relationships

By JASON SONSER

Students, staff and faculty may have noticed some T-shirts hanging from clotheslines near Door 3 last month.

No, someone wasn't doing their wash.

Leanne Holland Brown, student life co-ordinator of Conestoga College, said it was the college's first clothesline project.

"The clothesline project is an awareness campaign that started in 1990 in the United States. It was initially started to address the issue of violence against women," Holland Brown said.

Various campuses across the United States would have T-shirts displayed on a clothesline with messages about anti-violence.

"One of our counsellors, Barb Kraler, was visiting Wilfrid Laurier University a few months ago and saw they had a clothesline project on display," Holland Brown said, adding Kraler went to the Women's Resource Group and said it was a cool idea, it looked fantastic and it caught the attention of students.

"It's something original, it's not another poster. It is something really unique. We talked about it and said it was something we could do here."

Holland Brown got in touch with Conestoga Students Inc. and they agreed to co-sponsor the event.

"We spent one day in the cafeteria, from 10:30 a.m. to 2:30 p.m., on Wednesday, Feb. 8. We had all the materials and T-shirts and students dropped by to check out what we were doing because there were a group of students working on shirts," she said.

Holland Brown said as soon as the students learned it was free and they could decorate a T-shirt, they were really excited to participate.



(Photo by Jason Sonser)

Students took the time to create T-shirts about healthy relationships for Conestoga College's first clothesline project.

"We chose our theme as healthy relationships. We didn't want to necessarily make it anything more specific than that, so we went with something a little more global."

Holland Brown said the coolest thing about it was the different ways people interpreted the term healthy relationships.

"For some people, it was about sexual health. For some people it was about emotional health. All of them were really artistic and really original," she said. "It was really neat, they were really well done. It was fun because it gave us a chance to talk to students and for students to put their ideas on something."

Holland Brown said the following week, from Feb. 14 to 16, the clothesline project was hung by Door 3.

"It just happened to correspond

with the alumni association selling their carnations for Valentine's Day. So it was this great thing that tied in together and a lot of students couldn't help but notice them as they were walking by, they were on two sides of the hallway and there were 22 T-shirts in total by the time it was all said and done," she said.

Students were given the option to buy the T-shirt they made for \$5 and those that weren't purchased were donated to the Women's Resource Group's clothesline project.

She said any money that's made from the T-shirts will be donated to a women's shelter.

"The exciting thing about this is there's a lot of possibility for the future. Some schools auction off the shirts because they are incredibly well done and all of the proceeds go to support programs that

find healthy relationships, whether it's a women's centre or counselling or that sort of thing," Holland Brown said.

Any students who decides to purchase his or her T-shirt can go to Holland Brown's office, located in Room 1C29.

"It was our first year, we didn't think that we were ready to take on the auction portion of it so we decided that we would give students the option to buy their shirts, donate the money or we would keep the shirts as part of the collection and then next year, the clothesline will have twice as many shirts because we'll have 20 or so leftover from this year," she said.

Most students signed the T-shirts they designed. The \$5 being asked for the shirts doesn't actually cover the cost of the shirt or the materials

used to design it but it's seen as a good way to make a donation to a needy organization.

"At this point, we want to give priority to the students who made (the shirts). We haven't discussed whether or not we'd open that up to other students. Again, I think down the road this will be much more expansive, but because it was our first year and we weren't really sure what to anticipate, we decided just to try to keep it simple," she said.

Holland Brown said a clothesline committee was formed to handle the clothesline project, which included herself, Maureen Murphy-Fricker, Joan Magazine and Joy Tomafecic.

In terms of cost, Holland Brown said the T-shirts cost roughly \$3 each. She said CSI purchased 10 of them and the Women's Resource Group purchased 15.

There were various messages on the T-shirts that were designed.

One of the shirts had the phrase, "Trust your feelings, respect yourself, take care of each other."

Another shirt had a picture of a camera on a tripod, the three legs of the tripod representing communication, trust and the physical aspect of a relationship and the message is all of these need to be balanced to keep the relationship from falling.

A couple of the shirts had messages about safe sex. According to Holland Brown, the practical nursing class made a shirt with a caption that said, "Don't be silly, protect your Willy."

One of the T-shirts had a picture of a teddy bear on the front and the caption says teddy bears are the second thing every child should have. On the back of the shirt, a caption read, "Give every child a healthy relationship."

You can win an iPod

By JANET MORRIS

From now until June 1 students can win one of 50 iPod Nano 4Gs, valued at \$300, in the Score a job! Score an iPod contest.

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No one injured in morning fire

By MELISSA HANCOCK

Thick smoke rolled out the window of a 15th floor apartment in Kitchener on March 23, causing about \$50,000 in smoke and fire damage.

Kitchener firefighters got a call at 9:20 a.m. to High Point apartments, 16 Cedarwoods Cres., where a woman, who had just returned home from dropping her children off at school, found her apartment full of smoke when she opened the door.

No one was hurt in the fire and the tenant did not have any pets.

Platoon Chief Kevin Karley said the fire started in the kitchen and was the result of faulty wiring in a microwave.

Jesse-Lee MacPherson, a resident who lives directly above the apartment that caught fire, said the sound of the alarm startled her, but added she thought it was a fire drill.

"But then I could smell the smoke," she said.

An announcement was made

over the apartment's intercom system for residents to evacuate.

MacPherson said she quickly got out of bed and yelled to her mother, "Mom, no, it's real!"

She and her mother took their dog and made their way down the stairs from the 16th floor.

"That was my wake-up call," she said.

Nadine Sokol, assistant manager of the building, said the fire did not destroy the entire apartment.

"It was a very contained fire."

She said the resident will have to live somewhere else for a few days until the apartment is cleaned up.

"Whether or not her insurance company will pay for a hotel, well, that's up to them," she said.

Sokol also said this is the only fire incident she's had to deal with, but she's only been at High Point for a short time.

However, she used to work at a neighbouring apartment building and had never heard of any previous fire incidents at High Point.



Kitchener firefighters empty out the water hoses after fighting a fire at an apartment building across from Fairview Park Mall on March 23. About 10 firefighters went up to the 15th floor where faulty wiring in a microwave started a fire in the kitchen. No one was injured but the apartment had about \$50,000 in damage.

(Photos by Melissa Hancock)



SAFETY TIPS

- Plan your escape route
- Have fire extinguishers readily available
- Check smoke detector batteries regularly
- Keep emergency numbers by the phone
- Have a general meeting place for emergency situations



Hair stylist gets a dose of unreality

By BRENT GERHART

Although reality television remains a staple on the small screen, one southern Ontario resident found out first-hand that it's often not as real as it seems.

Jordin Boniferro, of Toronto, was first told she had been selected to participate in the Life Network's *Renovate My Wardrobe*, the week of Sept. 17.

Airing seven times a week, the show has become the Life Network's answer to primetime TV. With hosts Glen Peloso and Peter Papapetrou, the show brings viewers into a stranger's world and shows how changing their clothing and even their closet can change their life.

After being unknowingly signed up by an ex-boyfriend, the 22-year-old hair stylist said she was initially intrigued about the experience.

"The woman who interviewed me was very nice and wanted me to be on the show," she said. "I wasn't thrilled to be on TV but I figured I'd get new clothes and a closet, so that was cool."

Filming for the show took place bright and early in the morning on every second day. However, Jordin said

"They made comments like 'You only have 32 pairs of shoes?' or 'How do you function with this closet?' Their overall demeanour was snobby and pretentious."

Although the show is considered to be "reality," Jordin said they set up a scenario and had to do many takes of the same thing while none of the altered clothes were her own.

"I felt like it just wasn't me," she said. "They made me out to be a depressed loser who would be so much better with a closet. They decided what and who I was."

On top of having her image controlled, Jordin had to be on location at 8:30 a.m. even though nothing began until an hour later. She was also forced to put her dachshund Gabby in a kennel because she wasn't "properly trained."

The Sault College hairstyling and Aveda Academy colour tech graduate said they also attempted to make her cry.

"They made comments about a stuffed duck in my closet that belonged to my grandmother who passed away," she said. "Then once I was upset, they asked me what I'm self-conscious about or if I don't dress up because of my weight."

While viewers watched Jordin being brought to tears because of things happening off-camera, so did her brother Nathaniel (Nate) Boniferro.

Nate, who attends Lakehead University, said although he does not watch reality TV, watching *Renovate My Wardrobe* instantly

changed his opinion of the product, but not in a good way.

"Knowing the person as well as a sibling, you can really pick out how scripted the responses and off the cuff responses were," he said. "It really makes you watch more critically when watching reality shows."

Throughout the show Jordin was made out to be an anti-social person who has no friends and only cares about her pet.

Nate, a second-year political science student, said he saw the false stereotype as an attempt to create higher entertainment value.

"I do not think it was fair, but (for the audience) I do think it was necessary," he said.

Adding Jordin's supposed lack of friends allowed the director to focus a lot on Gabby.

"Gabby gave the show an extra element to connect to the audience. People love a cute wiener dog."

Jordin and Nate's cousin, Cameron Boniferro, who attends Fanshawe College, said he was shocked when the show made Jordin out to be anti-social.

"She's one of the most social people I know," said the second-year general business student. "They probably only made her out to be like that because the show was only a half hour and they didn't have time to film her friends, especially with a dog around."

Cameron said he laughed when he discovered how fake reality TV was.

"It's obvious they tried to make Jordin sad for the viewers," he said. "I've been to her place and partied with her 'non-existent' friends. However, I guess when it comes to fashion, wiener dogs sell. I'll leave it at that."

Even while the show was filming, Nate said his sister expressed how concerned she was with the direction it was taking.

"It is easy for me, from the out-



(Photo by Brent Gerhart)

Jordin Boniferro plays with her one-year-old wiener dog Gabby. The two have become close over the past year.

side, to tell her it is all for show and entertainment, but when it is your face and name on national TV, that is not an acceptable response," he said. "She specifically told me about how they got her to cry on camera. It was hard to hear that, but the results are beautiful and the whole experience is over and all that is left is a free renovation."

After it was all said and done, Jordin said she learned a lot from the experience and if she had the choice, she would not do it all over again.

"I felt like I sold my soul for three outfits, new bed covers and a closet that wasn't even designed for me," she said. "It is more function-

al, but it doesn't fit the daily routine that I told them it needed to fit."

The new clothes, covers, closet and memories were not the only thing the crew from *Renovate My Wardrobe* left behind. As soon as the shoot ended, the crew quickly fled her Toronto apartment.

"They left me two bags of garbage, a huge bag of recyclable hangers and a hanger stand," she said.

"My apartment was in shambles. I cleaned for more than an hour after they were done. Some of the things didn't fit back in their normal spots. They told me to just get rid of it. I don't think that was the point of the show."



that wasn't the problem.

"They were mostly late and inconsiderate," she said.



(Photo by Brent Gerhart)

Jordin and Gabby show off their new closet, which was "personally" made for her when she appeared on the Life Network's hit reality television show *Renovate My Wardrobe*. Many scenes from the show were shot in her downtown Toronto apartment in September 2005.



(Photo by Brent Gerhart)

It may look to be improved and hold her clothes nicely, but Jordin says her new closet was not made to hold Gabby's toys and accessories.

Program aims to improve child care in the region

By JON MOLSON

There are few things more important to parents who are dependent on child-care facilities than the quality of care provided.

The Child Care Network of Waterloo Region, Region of Waterloo, Children's Services Division, and kidsLINK, have implemented an initiative called Raising the Bar on Quality, a voluntary accreditation program that helps child-care centres measure the quality of their program.

"Quality child-care is important to families and we want to ensure children are in a good as well as a safe environment," said Debbie Jones, Raising the Bar on Quality co-ordinator. "Studies have proven that this is the most important time (in a child's life) and we want to say 'we have good quality programs and what we do matters to children and families and makes a difference in their lives.'"

The Region of Waterloo's Raising the Bar initiative was officially implemented in May 2004. It was developed from the Hamilton Raising the Bar on Quality project, which was introduced in 2001. The child-care Network of Waterloo Region examined this model in the spring of 2003. Funding for the regional project started in February 2004 through the Region of Waterloo, Children's Services division and kidsLINK, which is a non-profit organization.

This initiative is also supported by the Raising the Bar Advisory Committee which includes 17 key community stakeholders from across the region and representatives of the many facets of early learning and care.

The program measures the quality of child-care centres throughout the region through a non-competitive and co-operative process among all active members. Participating child-care centres are evaluated in three main categories and can receive a rating of bronze, silver or gold for each area. The categories are quality assurance cycle, best practice in child-care management and staff professional development. In order to be eligible for the program a centre must be a licensed child-care facility. Participation at this point is completely voluntary.

Jones said supervisors for child-care centres in the region have been looking for a quality-measuring program for a long time.

"This initiative has shown so much promise and the region as well as child-care centres have been very pleased about the results and the work they have done," she said. "We have a substantial amount of evaluation data and reports, which is important as we are putting precious resources into this, we want to evaluate to see if it is working."

She said instead of goals there are guiding principles. "The Raising the Bar on Quality plan is fair and objective and it's recognized as a standard by the whole community," Jones said. "We want to raise awareness of quality and prove to families and the community at large that our centres are high quality and this is an effective way of doing things." Jones believes volunteers are a major part of this project.

"If we didn't have volunteers than Raising the Bar on Quality just couldn't happen because there is not enough money available to hire peer reviewers and child-care centre budgets are very tight," she said.

Jones said there are plenty of advantages to being a part of this initiative.

"This gives centres a work plan that seems to be really helpful for them. They appreciate the support from each other because they work together. This is not a competitive thing even though there is a rating of bronze, silver and gold," she said. "It is meant to be co-operative and not competitive. We want all children in the region to have better care and for us to support each other and our centres."

She said this initiative has created an increase in the amount of professional development that is happening in the community.

"It is unbelievable how many more people are receiving training and as they complete more training their skills go up so there is that whole sidebar," Jones said. "There's been an increase in enthusiasm in the workplace that has been happening. Supervisors are feeling like they have a path to follow and they are improving what they do everyday."

However, Jones believes a greater commitment at both provincial and federal levels is needed.

"The more funding we have the better, but instead of waiting for the government to ask us for something, we are showing them that we are worthy and deserve the money," she said. "I think that early childhood educators, caregivers and parents need to have a voice and they need to make sure that the people with the funding know what we're doing and can encourage them to increase quality care for all children in Canada."

Diane Scott, lead hand supervisor at John Darling Childcare, said being a part of the Raising the Bar on Quality plan has improved their services.

"We are now making it official when we're doing professional development by recording it and that has been really excellent," she said. "For us it's making sure we're always running a quality program and I believe that we are."

Scott questions whether parents really understand everything that Raising the Bar on Quality entails.

"We certainly have given them information, so hopefully when parents bring their children in, whether they are knowledgeable about Raising the Bar or not they say 'this is such a good centre, I'm so happy that my child is at John Darling,'" she said. "We're all very committed to running a very good program for our children and they are very well cared for."

She said the feedback has always been positive.

"I've been here now since May of 1990 and I've been very fortunate to have very generous, caring, kind parents. They feel that we offer a wonderful program for their children and they are very appreciative," Scott said. "I think that Raising the Bar on Quality is a very good program and we are doing the best we possibly can with it."

Planned Parenthood stays open after getting major donation

By BENJAMIN RICHMOND

Planned Parenthood does not plan on leaving Waterloo Region any time soon.

The charitable, pro-choice organization received a much-needed donation on Feb. 27, which will allow them to stay in business. An anonymous Kitchener couple donated a cheque to the agency for \$100,000. "We were ecstatic and very appreciative of the large donation," said Marylu McGrath, executive director of Planned Parenthood Waterloo Region.

About a month prior to receiving the donation, Planned Parenthood issued a statement expressing the need for more money, because they were in danger of closing for good. In order to survive the year, the organization said they needed about \$100,000 for operating expenses and staffing. The agency relies on donations from individuals, foundations, service clubs and corporations for about 80 per cent of their funding.

Sue Morris, manager of sexual, reproduction and women's health at the Region of Waterloo public health department, said Planned Parenthood has gone through recent donor fatigue and has not received enough donations this year. "They've always been right near the line, but donations were really dropping fast and expenses were rising."

McGrath said the agency lost some big donors this year, and as a result, their budget decreased significantly. "We have been operating on a shoestring budget, very modestly."

McGrath added Planned

Parenthood has seen about a 30 per cent increase in individuals coming in for counselling since 2001. Thus, with a lack of donors and an increase in clients, the organization was in need of financial aid.

As a way to get more money, Planned Parenthood went to regional council on Feb. 15. McGrath said it was the first time the organization had to ask for money. "It was an exception to go to council."

The agency had about 40 supporters with them when they stood before council, and nobody challenged their request for more funding. Regional council said they would consider the request, but first they referred the matter to the staff of the public health department.

The region has been providing Planned Parenthood with an annual service plan of \$30,711 in public funds for more than five years. In return, Planned Parenthood provides sexual health counselling services on behalf of the public health department.

After reviewing the agency's desperate situation, the public health department decided to increase Planned Parenthood's funding by \$20,000. Morris said she was aware of the agency's financial difficulties. "With the additional funding, health services is now covering a total of more than \$50,000 for Planned Parenthood."

Morris added the public health department has a great working relationship with the organization, and although they work together on initiatives, the small agency is entirely independent. "We (public health department) have a long-

standing relationship with them (Planned Parenthood), but we don't direct them."

The public health department not only helps support Planned Parenthood financially, but they also train volunteers for the agency. "We really support this service and hope to continue to in the future," Morris said.

Planned Parenthood has been providing information about sexual health in the Kitchener area since 1972, and has more than 40 professional and trained volunteers on staff. The services of the agency are free of charge to the public, and allow people to ask questions about sexually transmitted infections, unplanned pregnancy and healthy relationships. "It helps people have control in their lives and gives them accurate information," McGrath said.

Morris said the agency is accessible to those who do not use more formal government agencies, such as young people and immigrants. "It (Planned Parenthood) provides additional access to a service and gives people a nonjudgmental, youth-friendly choice."

Last year, more than 2,000 people came to Planned Parenthood either for counselling or for the education and theatre programs. As of Feb. 27, the agency raised more than \$188,000, which is about double the amount they needed. McGrath said she is grateful to everyone who donated money. "It will give us a lot of breathing space to come up with funding for next year."

For more information on the services provided by Planned Parenthood, phone 519-743-6710 or visit www.ppwron.ca.



(Photo by Paige Hilton)

One strike, they're out!

Conestoga College faculty who were on strike held a rally March 23, along with faculty at other Ontario colleges, to draw attention to their issues, hoping the government would step in and end the strike.

New school good medicine for community

By DENISE MÜLLER

The University of Waterloo's new health sciences campus in downtown Kitchener will not only help with the doctor shortage, but also bring more medical interest to the community.

Kitchener Centre MPP, John Milloy, said there will be a teaching network set up in the area and all the support for future medical practitioners is going to be right here.

"You're going to have instructors coming to town, you're going to have the various clinics set up and you're going to have medical students with hands-on experience," Milloy said.

The new UW campus will be located at the former Ontario Seed Co. Ltd. site on King and Victoria streets. It was announced Jan. 9, that McMaster University in Hamilton will have a satellite medical school at that campus.

Milloy said the campus is going to be a huge benefit to people seeking medical help within the community.

"The bread and butter of medical teaching is seeing patients."

"Training local doctors here means they're even more likely to stay," he said.

Students applying to McMaster for medical training will be accepted without looking at where they're from. Once accepted, students who are from Waterloo Region will be given preference for the Waterloo campus.

Milloy said the medical school would benefit the community from a business and industry standpoint.

"You're attracting drug companies or companies who are doing medical research," he said. "There are all sorts of spin-offs."

He said the region would be seeing a real growth on all sides.

"I think it's just going to be a boom to the whole health sciences medical field."

Conestoga College president, John Tibbits, said it's a good thing the satellite medical school is coming to the region.

"But, I think what a lot of people aren't aware of, is that we actually started discussions with McMaster two years ago about coming to this region, in particular, in partnership with Conestoga," Tibbits said.

He said it would have made sense to have the students train in the facilities at the college with nurses and nurse practitioners. Conestoga already has a partnership with McMaster in nursing.

"The idea was to expand that partnership," he said. "We have a full operating room on this campus, we have all our health labs on this campus (Doon), and our simulated hospital wing. We have a lot more labs in health sciences than Waterloo does because we train health-care workers."

Paramedics, personal support workers, registered nurses and nurse practitioners are all trained at the Doon campus.

Tibbits said having the satellite campus at Doon would have been much more cost-effective, but having it at UW is something very prestigious for the university.

"It would have been good for the college and it would have been good for the community," Tibbits said.

The school is expected to cost \$34 million, with Waterloo Region taxpayers being asked to pay \$19 million and the remaining \$15 million coming from the two universities and the provincial government.

The satellite campus will be open to 15 new students in the fall of

2007 and enrolment is expected to reach 45 in three years.

In an article in The Record, regional chair, Ken Seiling, and Kitchener Mayor, Carl Zehr, said they knew nothing of the McMaster-Conestoga talks until the UW-McMaster talks were already well under way.



(Photo by Denise Müller)

Experience picturesque views

There's an upside to travelling within Canada in the off-season on a student budget. When visiting tourist hot spots, prices are a lot lower than they are in the summer. Niagara Falls is still as scenic and beautiful at this time of year and still offers entertainment like wax museums, haunted houses and 4D movies.

UFOs: Are you a believer?

By PAIGE HILTON

When people think of UFOs, they most likely imagine little green men or Fox Mulder and Dana Scully investigating yet another X-File. But the real paranormal enthusiasts today will readily admit they're nothing like those daredevil FBI agents.

"But we do get that question a lot," says Sue Darroch, one of the founders of ParaResearchers, a Toronto-based volunteer organization started in 1999 whose mandate is to investigate claims of paranormal sightings and educate people about such phenomena. ParaResearchers do not end their quest at UFOs, though — they also investigate sightings of ghosts, alien abductions and psychic phenomena.

"(Shows like the X-Files) are sexed up for entertainment purposes and not to be taken too seriously," explains Darroch, who admits while some claims of sightings are mundane in origin, certainly not all are explainable.

The secretary and spokesperson for Skeptics Canada, however, would disagree.

David Gower is a psychotherapist, private pilot and amateur astronomer — not to be confused with astrology, he emphasizes.

Skeptics Canada, as their mission statement reads, "is committed to the constant evaluation of the sci-

entific process as a method for establishing truth." They are the ones who ask "what is the evidence?"

Skeptics maintain affiliations with all skeptic organizations around the world, Gower says, and work to be a resource for the media.

As for UFO sightings, Gower says the planet Venus is most commonly mistaken for a UFO because it can sometimes be seen in the daytime and also appears to change colour at night.

"Other sightings are based on peoples' misinterpretation of what they are seeing, including meteor showers, search and rescue vehicles and cloud formations," he says.

Gower says oftentimes what a person thinks is a UFO is a matter of misidentification coupled with wishful thinking.

Some sightings are aircraft that has been misidentified, Darroch concedes, but as someone who has seen a UFO, she maintains not all sightings can be explained.

"(I saw a UFO) with multiple witnesses on Nov. 4, 1990," says Darroch. "With that said, UFO does not necessarily mean alien space craft. It is just that: an unidentified flying object."

"To be honest, I don't know with 100 per cent certainty what it was we witnessed that day, but it was what got me interested in the topic

in the first place."

The first case ParaResearchers investigated was the sighting of ghost lights over Port Perry, Ontario.

Gower goes on to explain that sometimes those who claim to have seen a UFO are often under stress and out of their element, meaning they could be somewhere they have never been before. "The most striking kinds of sightings happen in these circumstances," he says.

Darroch agrees those factors are worth considering but says she thinks skeptic organizations sometimes use blanket statements to deny any possibility of explanation but their own.

"For instance, some 'skeptics' will state matter of fact that all UFO witnesses are mentally ill — which I assure you is just silly," she smiles.

For Darroch, ParaResearchers is a full-time hobby, while she maintains a "day job" in the graphics communications field.

Investigating reported sightings of UFOs includes following up on the initial report, interviewing witnesses and looking into possible causes of the sighting.

With the plethora of faked UFO sightings including videotape and photos, Darroch wonders if witnesses are ashamed or frightened to report sightings.

"(Faked sightings) add to the

ridicule and giggle factor (of UFOs)," she says.

If investigators can gather multiple reports of the same sighting, she says, they help to gain more than one perspective on an event. But they don't necessarily give the

"(Faked sightings) add to the ridicule and giggle factor (of UFOs)." — Sue Darroch,

ParaResearchers founder

sightings any more credibility.

"But they do demonstrate that the object (UFO) was more likely a physical event as opposed to something more psychical in nature," Darroch explains.

The reports are sent to ParaResearchers by e-mail, postal mail, the reporting form on their website, at public information meetings, word of mouth and just every so often from the media, Darroch says.

During interviews investigators will often turn to experts like police or air traffic controllers working in the area where the sighting was reported. They also collect witness sketches and photographs.

In the end, Darroch says, if they cannot positively identify the UFO, it remains listed as an unidentified flying object. "We can speculate,

though, or look at alternative possible explanations. It is always fun to speculate," she says.

For Gower, there could always be an explanation. As an amateur astronomer, he spends a good deal of time looking at the stars from his Toronto balcony.

"Astronomers don't report UFOs," he says, because they spend so much time star-gazing, they get to know the sky. What may look like a UFO to one person, could be a star, planet or meteor to an astronomer.

But even Gower has wondered from time to time. The initial sighting of a large meteorite through his telescope made him wonder about UFOs, he says, but he soon realized what it actually was.

The debate over the existence of UFOs will continue until someone finds irrefutable proof either way.

Darroch says even the definition of proof can be debated. "Are unidentified objects piloted by extraterrestrials? Maybe. Proven by accepted scientific means? In my opinion, no."

Until that time, skeptics and believers will cross paths at meetings and conferences and will continue seeking the truth. And that's perhaps the only way they are all a little like Mulder and Scully.

For information on either organization, visit their websites: www.pararesearchers.org and www.skeptics.ca.

Another Matrix-inspired romp

By TOM KALBFLEISCH

Blood infected by a mutant virus has turned Milla Jovovich into a blood thirsty heroine.

Ultraviolet is yet another Hollywood spinoff of the ever so popular Matrix trilogy which revolutionized the film industry.

Directed by Kurt Wimmer, who also made hits such as Equilibrium and the Thomas Crown Affair, the spinoff not only improves the style of fight sequences but also elaborates upon them to the furthest degree.

In an attempt to try to take the film from just another Hollywood movie to a well polished film, Klaus Badelt was brought in to compose the score for the movie. Known for the composition of the soundtracks for hits like The Time Machine and Pirates of the



Caribbean: The Curse of the Black Pearl, Badelt went to work.

The plot of Ultraviolet takes place in the late 21st century. A young woman named Violet is a victim of a disease called hemophagia. These "hemophages" bear some similarities to vampires and the government is trying to exterminate them. Fear begins to breed within the elite as the disease con-

tinues to spread and those affected become superhuman. Violet comes across a young boy who may be part of the government's plot. She must protect him and find out why he is so important. Provoked beyond reason by powers that will not rest until she and her people are dead, Violet becomes everything her persecutors feared her to be.

The cast of the movie includes Cameron Bright as Six, Nick Chinlund as Daxus and, with an electric purple wig, Milla Jovovich as Violet.

Like The Matrix, much of the film, including background, vehicles and even the makeup of every single character, was created on computer. Ultraviolet is an entertaining movie that at times throws in a few surprises. Action and fight scenes are a constant in the flick and add some action to the simple plot.

Inside Man keeps you guessing

By JON YANEFF

This crime thriller has it all.

Inside Man has a stellar cast and more plot turns to keep viewers interested every second.

Inside Man, which is directed by Spike Lee, touches on bank heists, a hostage situation and New York corruption.

The movie starts off with four criminals disguised as painters taking over a Manhattan branch bank.

They hold about 50 people hostage, while NYPD hostage negotiators Keith Frazier (Denzel Washington) and his partner Bill Mitchell (Chiwetel Ejiofor) arrive on the scene and meet with Emergency Services Unit Capt.



John Darius (Willem Dafoe) to try to end the situation.

The only problem is the head robber, Dalton Russell (Clive Owen), is smart and knows every move the NYPD is going to make beforehand. Russell is cool and calm and is in full control, which baffles the police.

For instance, his gang blinds the

bank's closed-circuit cameras then forces the hostages to dress in coveralls and facial disguises so police can't tell the difference between the hostages and the criminals.

The plot thickens when the bank's board chairman, Arthur Case (Christopher Plummer), is clearly more concerned about certain items in his safety deposit vault than the hostages' lives. So he hires slick power broker Madeline White (Jodie Foster), to handle negotiations with the New York mayor, Frazier and Russell to retrieve his deposit vault.

So why is the movie named Inside Man? You will have to get inside a movie theatre and find out for yourself.

COUNSELLOR'S CORNER: Final Exams

Whether to panic or to prepare. Whether to sulk or to study. Whether to become enlightened or to remain in the dark, hoping for the best. How you use your time and energy is up to you and will determine your level of success or failure.

To go into the exam period with your eyes wide open, you need to know:

- how many exams you have and in which subjects;
- when, where and for how long they are scheduled;
- what material will be covered with emphasis on which areas;
- what format the exam will have (multiple choice, essay, short answer);
- what percentage of your final mark the exam covers.

About three weeks before exams start, mark the times and locations of each exam on a calendar. For each course, list what you need to study and the sources you will use (textbook, class notes, lab. assignments). Estimate the amount of study time you will need and indicate study periods on the calendar. By planning ahead, you know you will have time for each subject.

Use all sources of help available to you: old exams, classmates, study groups, class review time, text notes or highlighted sections, text summaries and chapter questions. Ask your faculty for help and information about the exam.

Avoid common mistakes:

- over-studying for the first exam and running out of time and energy for the others;
- working hard for the course(s) you like and neglecting others;
- not starting early enough, leaving too little time during exam week.

If you would like assistance in preparing for final exams, come to the Student Services office.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

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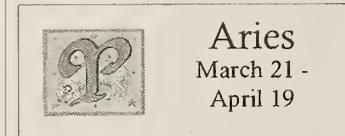
Week of April 3, 2006



Aries
March 21 - April 19



Libra
September 23 - October 22

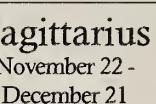


Taurus
April 20 - May 20

Scorpio
October 23 - November 21



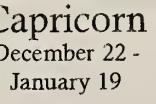
Gemini
May 21 - June 21



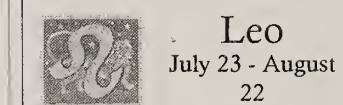
Sagittarius
November 22 - December 21



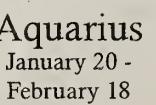
Cancer
June 22 - July 22



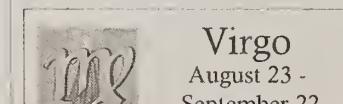
Capricorn
December 22 - January 19



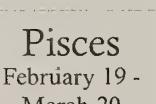
Leo
July 23 - August 22



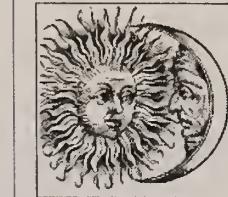
Aquarius
January 20 - February 18



Virgo
August 23 - September 22



Pisces
February 19 - March 20



Paige Hilton is a third-year journalism student holding fate in the palm of her hand.

A 'Victor'ious tournament

By MELISSA HANCOCK

At home in China his name was Yang Shiguang and teaching table tennis was a part-time job which he enjoyed and a hobby at which he excelled.

He would teach friends, or whoever wanted to learn, the skills and techniques involved in playing the game.

Yang — it is traditional for Chinese family names to precede their given name — said he had French and Australian friends whom he taught the tricks of the table to and said they would laugh after each match because they could never beat him.

"They said I was always a victor," Yang said. "Or (I) was always victorious."

In Canada, he goes by the name Victor Yang and he is planning to start a table tennis club at Conestoga College where he is an English as a second language student.

In January, Yang competed at a tournament at Exhibition Place in Toronto by the CADA Table Tennis World Sports Club and won first place, earning him the title Chinese New Year Table Tennis Champion 2006.

He said, "(It was) spectacular and wonderful" to win the tournament, but at the same time he was "pretty scared."

Although he has been playing for 11 years, Yang, 19, said he still considers himself a rookie at the game.

In China, he said people are not allowed to enter tournaments alone, but rather have to be part of a Chinese team. He also said the competition level there is higher than in Canada.

"If we want to play, it's for the country," he said. "I have been training for more than 10 years and my coach would still get angry."

On his way back to Kitchener after the Toronto tournament, Yang used his cellphone to call home to share the news of his victory with his family.

"I also called the girl who I love, Yan Ni," he said with a smile.

He said his mother's reaction was, "Oh, you are kidding! Unbelievable!"

However, according to Yang, his father is a very traditional man and does not approve of him living in Canada or competing in the tournament.

"My father doesn't support me," he said. "He thinks he knows everything — sometimes he's right."

Yang said his father would rather he be in a Chinese school and live a traditional life with his family at home.

He emphasized that he is not a professional table tennis player, but rather first and foremost a student.

However, Yang said Canada has more opportunities for learning and advancement.

At the college, Yang said he knows of a few people who are already interested in joining a table tennis club, but said he will need a minimum of 10 people for a club to be formed.

"If (students) want to exercise in a different way I will show (them) how to play well," he said.

"It is fun and there are no injuries. It's a safe sport!" he laughed.

Students interested in joining the club can contact Victor at victor19861019@hotmail.com.

Yang said a table tennis club would be good for students who don't know how to play because he would take the time to teach them the game.

"You have to move fast and be very light. It's tiresome, but fun," he said.

As for his latest victory, Yang said he is proud of his accomplishment and likes having the champion title and winning cup.

"My room is messy," he said. "I don't have space to put it, but I can show my friends it any time."

He will be competing in another tournament in Vancouver this summer and said he hopes it will be just as successful as the last one.



(Photo by Melissa Hancock)

Victor Yang, a Conestoga College student, says he drinks a can of Red Bull energy drink before playing a number of table tennis matches. Energy is one thing players need to be quick on their toes.

Doubles team rallies to silver

By BRANDON WALKER

It's been an exciting year for Jun Kim and Karina Olivares from Conestoga's varsity badminton team. After finishing first in mixed doubles at the regional tournament held at Humber College Feb. 3 and 4, they went to Seneca College to compete in the provincial tournament Feb. 18 and 19, where they won silver after battling Cambrian for gold.

Kim says he went into the tournament confident, cool and collected, since it was his second year in a row competing for the college at the provincial tournament, finishing fifth last year. "Being able to say you're one of the best is always an honour and something to be proud of. Last year was my first year and I didn't have a goal, I just wanted to do as well as possible. Karina and I really hit it off after (the) Fanshawe (tournament in November).

"There were high expectations for us. Even before Christmas people around the league were saying we should compete in nationals. Personally I went in thinking we were just one of the teams fighting for the top spot. It's unfortunate we couldn't beat the

Cambrian team, but it's the first medal for both of us and there's nothing to be disappointed about.

"I couldn't ask for more," he said with a pause, "except gold. The Cambrian team that beat us was so strong. My partner and I did the best that we could."

When asked if he was nervous he said, "Actually, not at all, these are the types of games that I've always played. I've played these big matches in high school and last year, and I just take it one game at a time."

He said he just likes to go out and have fun. "Even with the big crowd, I love the attention, I just thrive on it. I really enjoy playing at a high level. I can honestly say I couldn't have done it without the dedication that Karina and I put in. She really pulled me up when I was down. I was able to play my game and communicate with her very well because of her experience in mixed doubles as well as having a calm, laid back personality."

He said the whole team had a lot of chemistry. "I'd never played on such a supporting team. It was the first year for both of the coaches and the team had some ups and downs, but we pulled through. (The coaches) are one of the biggest rea-

sons we had fun this year and had a good season."

He sounded sad to be graduating from the college's two-year recreation and leisure program and not being able to play with Olivares and the rest of the team next season.

Lauren Bond and Pauline Kosza won bronze in women's doubles and Mike Palmer finished fifth in men's singles. The team ended the season placing fourth in the tournament.

Tony Purkis, the coach of the team, said he couldn't have asked for anything more from all three teams that made the provincials. "They played exceptional. It's good to see them play their best at one of the best tournaments."

Purkis said there were no big surprises at the event. "The Cambrian mixed doubles team was incredibly strong, but we knew that (going in) so it wasn't a huge surprise."

Although there are no more practices or games this season, Purkis wanted interested students to keep an eye out for an open night of badminton over the summer to get ready for next season.

He said interested students can tryout for next season in mid-September.



(Photo by Brandon Walker)

Alex Elgin, a second-year marketing student, tries to read the defence while standing outside of the three-point line during a game of pick-up basketball in the recreation centre. William Karak (left) plays tight on-the-ball defence.



(Photo by Melissa Hancock)

Teams toughed it out against the boards during an intramural hockey game last month. Team Devilbiss (dark sweaters) outscored Management by one goal to win 4-3.

Lacrosse player a true role model

By STEPH BAULK

Kathleen McCrea is captain of her lacrosse team at Wilfrid Laurier University, but she had to watch the whole lacrosse season from the bench.

The fact that she only has one arm has nothing to do with her bench warmer status. It's a knee injury she suffered while skiing.

Lynn Orth, coach of the Wilfrid Laurier lacrosse team, was the person who suggested McCrea should try her hand at lacrosse.

"She and her friend were always out watching the boy's lacrosse team," said Orth. "My son and Kathleen's friend's brother played on the same team and Kathleen's dad coached the team, so one day I told them that they shouldn't be sitting watching, but they should be out playing the game too."

McCrea took Orth up on her suggestion at the age of 13 and grew quite fond of the sport. After coaching her all through high school and university, Orth is still impressed with McCrea's attitude.

"She could have just said she wasn't playing because she only has one arm, or that her arm is short, but she didn't say anything like that," said Orth. "She just got out there and started playing and it's really amazing."

Orth said McCrea is a great role model because she will hardly ever say no to anybody or anything, even if the challenge seems impossible.

"The only two things I've ever heard her say she can't do are a push-up and her hair," said Orth. "I mean obviously she can't do a push-up, but she never says no. So when you see people who do have both arms saying they can't do a lot of things, she really shows people it can be done."

"I try to bring out the aspect where you don't always have to do what you're told. You can compete in able-bodied sports and succeed."

*Kathleen McCrea,
Captain of Wilfrid Laurier
lacrosse team*

This year McCrea hasn't been able to play at all said Orth, but she has still shown up for every practice and has come to every game supporting the team even though she can't play.

"Determined. She's determined by the fact that she has never let just having one arm stop her," said Orth.

McCrea doesn't just play lacrosse. She has spent years showing people having one arm will never stop her.

She spent a number of years playing baseball, she involved herself in hockey during her high school years and she's an avid skier and has also dabbled in basketball and other recreational activities.



(Photo by Steph Baulk)

Although Kathleen McCrea, 22, was unable to play lacrosse this past season due to a knee injury, she spent a lot of time thinking about when she would be able to play again. Next season McCrea will be back on the field doing what she does best.

Even though she has succeeded in many things an average person hasn't even tried, she is humble about even being a role model.

"Being a role model for able-bodied people I could just say anything any athlete would say, which is keep at it, keep practising, try your best and you will succeed."

McCrea said she also tries to be a role model for people with disabilities.

"A lot of the time (people with disabilities) get sucked into this culture where you can only participate in disabled sports and I'm a disabled person playing in able-bodied sports," she said. "I know it's just my arm amputation, wheelchair basketball and stuff like that is a little different, but I try to bring out the aspect where you don't always have to do what you're told. You can compete in able-bodied sports and succeed."

McCrea has worked with a young girl named Kelsey who has cerebral palsy.

"I know in her mind she doesn't think of herself as disabled and I don't even think of her that way," said McCrea. "She plays basketball with the kids at her school and she beats me every time we play 21, she's really good. She practises every day."

McCrea said she hopes she can be a role model, even to Kelsey's friends, to let them know that Kelsey is just as good as any of them, and in most cases even better.

Even though McCrea doesn't like to say no and does her best at everything she tries, she knows she still faces disadvantages the average person doesn't often think about.

"There are times when the way I cradle my stick when I'm running down the field with the ball, a little

bit of my stick hangs out the bottom and that makes it an easy target for somebody to hit that and knock the ball out or hit my arm or something," she said.

McCrea has even been taken off the field because of it at times and has had to rethink the way she has been doing things, which doesn't please her much.

"But now I've had a whole year to think about it, so I've been practising and hopefully it won't happen again next year," she said.

McCrea said anytime she is learning a new sport she always has to learn it a little bit differently.

"There have definitely been disadvantages, but the way I learn I can adapt to my own style and overall it just works out better," she said.

A modest person, McCrea said she doesn't think she has overcome any great odds.

"I would say the mindset I've had throughout my whole life is I don't think of myself as having a disability, I just go through life normally and I know all of my friends sometimes even forget I have (just one arm)," she said. "So I think overcoming the odds is a bit strong to say. I would say not letting it get

me down is a better way to put it."

McCrea not only takes her sports seriously, but she takes her future seriously as well. At Wilfrid Laurier University she is majoring in psychology. She hopes to go into human resources.

"I'll have to go to Conestoga College and get my HR degree, or if that doesn't work out I'm going to get my masters in psychology and become a teacher."

"When you see people who do have both arms saying they can't do a lot of things, she really shows people it can be done."

*Lynn Orth,
WLU lacrosse coach*

She also hopes to continue playing lacrosse and help others better themselves in the sport as well.

"Currently there's a senior team in Kitchener and I play on that team and I have to get my coaching certificate sometime soon so I can help coach the younger kids," she said. "We have an under 19 team and we're also hoping to start an under 15 team as well, so I'd like to be in there somewhere."

On Jan. 24, McCrea received some good news from her knee surgeon, who said she could resume playing sports. She started with a game of squash.

"It feels awesome to be playing sports again although I'm still a bit hesitant when I play," she said. "For instance, I hardly ever pivot or stop quickly using my right leg but I will get over that fear as soon as I get full strength in that leg again, which could still take another six to 12 months."



(Photo by Steph Baulk)

McCrea spent every practice with her teammates even though she missed the entire season due to a knee injury. McCrea felt it was important as team captain to involve herself in all team-related activities.